

# Information on Prescription Drug Abuse

## Dear Parents

The use of prescription medication – typically painkillers, anxiety medication, sleeping pills, or ADHD medication – as a recreational drug is a growing and risky trend among young people.

We would like to inform that possession and use of illegal obtained medication have serious health and social consequences for the young individual and their surroundings.

Medication such as opioids (e.g. pain medication Tramadol/Dolol) and benzodiazepines (e.g. sleep and anxiety medication) can have a long-lasting effect, meaning that the young persons memory, concentration, and learning abilities can be affected for several hours at a time.

Overuse and combination use (pills, alcohol, etc.) can have serious consequences, which can be deadly, as the substances can suppress the nervous system to the point where breathing stops.

It's important that you are aware of physical and mental signs that can be associated with medication abuse, such as lethargy or hyperactivity, withdrawal symptoms, etc.

Expect that your child does not take medication that is not prescribed to him/her.

Talk to your child about the consequences of taking medication without a prescription and about the laws regarding the purchase and sale of illegal medication.

## Illegal to (purchase) and sell

- Medicine (without prescription) is illegally imported into the country and distributed illegally to children and young people (similarly to hash and other substances).
- Import, purchase, and sale of illegal medicine is punishable by law.
- If you have knowledge of illegal purchase/sale of drugs, you can contact the police at 114.

# Addiction

Prescription drug abuse is extremely dangerous and addictive, even after short-term use.

The body quickly gets used to opioids and benzodiazepines. This means that you need larger and larger amounts of the drug to achieve the same effect. You slowly escalate your consumption, so the dose a regular user takes can be fatal for someone who is not used to the drug.

If you use the drugs over a longer period of time, you may find it difficult to stop, and withdrawal symptoms may occur in the form of anxiety, agitation, insomnia or seizures. Therefore, don't stop taking these drugs suddenly and discuss a tapering plan with your doctor.

## In need of help

You can read more about prescription drugs and other intoxicants in the booklet: **Rundt om rusmidler - en forældrevejledning**

Read more about drugs at **Altomstoffer.dk**

For advice and guidance contact Ungekontakten  
tel. +45 89 40 52 00

Contact the health visitor at your child's school or your own doctor for help with detoxification.

Read the Leaflet  
"All about Intoxicants"  
"Rundt om rusmidler"



Watch a film about opioids  
"Out of the addiction trap"  
"Afhængighedsfælden"

